



Orthopaedic Surgery - Arthroscopic Surgery - Joint Replacement - Sports Medicine - Fracture Care

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Proximal Hamstring Tendon Repair

Post-Operative Instruction

Patient Name: _____

Date of Surgery: _____

Your follow-up appointment: _____

Dressing

Your dressing should remain intact and dry until re-evaluation in the office after surgery. If your dressing becomes soiled or damp, you may remove the bandage and replace the dressing. Please do not remove steri-strips that are covering the incision (small pieces of tape). Removing this tape may cause your incision to separate. Please be certain to wash hands thoroughly prior to changing dressing, do not place any ointments over incisions.

Bathing

Please do not get incisions wet. Please cover dressing or incisions while bathing.

Driving

Please do not drive until you are evaluated in the office after surgery. You are considered an impaired driver following surgery, and if you choose to drive, your insurance may not cover any accidents that occur.

Brace

YOUR HIP BRACE SHOULD BE LOCKED AT 45 degrees when ambulating. Wear ankle sling when ambulating, this protects your hamstring repair.

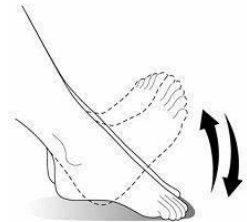
Cold Therapy/Ice

It is recommended that you use this ice 4-5 times per day during the first two weeks after surgery. Icing will help to decrease swelling and provide pain relief. It is very important to always have protection between the ice and your skin. Never place the ice directly on your skin; this could lead to an injury to your skin. If the ice causes increased pain, skin rash or irritation, discontinue its use and call the office.

We ask during the first week following surgery that you do the following:

Exercises at home

- **Ankle pumps:** pump your ankle back and forth as if you were stepping on a gas pedal. Please do this exercise 10 times an hour while awake. ➔
- **Quadricep squeezes**
- **Deep breathe and cough:** to help prevent a respiratory infection. Take 10 deep breaths every hour followed by a cough.



Post-operative Medication

1. ENTERIC COATED ASPIRIN: 325mg 1 tab every 12 hours for 4 weeks to help reduce the risk of a blood clot from forming after the surgery.

2. NORCO: 10/325 mg 1 – 2 TABLETS EVERY 4 – 6 HOURS AS NEEDED FOR PAIN

3. DULCOLAX: 1 TAB TWICE A DAY AS NEEDED FOR CONSTIPATION

Side effects of medication

Anti-inflammatory [Celebrex, Naprosyn, Ibuprofen, etc.]

You should take all medication with food to help prevent nausea. Please notify office if nausea,

vomiting, rash, headaches, abdominal cramping, blood in your stool or other symptoms occur. Do not combine other anti-inflammatories or Aspirin products while taking your anti-inflammatory. **You should not exceed the Aspirin dose that Dr. Lynch has recommended.**

Pain Medication [Vicodin, Tylenol #3, etc.]

Take after food. Notify office if nausea, vomiting, headaches, rash occur. Other side effects include; drowsiness, dizziness and constipation. **Do not take TYLENOL** or other acetaminophen products while taking Vicodin or Tylenol #3, both of these medications contain acetaminophen.

Signs and Symptoms of Complications

Although complications are rare the following are a list of symptoms you should be aware of.

- Infection – increased pain not relieved with medication, fever [>101.5], chills, redness, swelling or drainage from incision.
- Blood Clot – swelling, tenderness, or pain to calf when you move your ankle up and down, shortness of breath and chest pain.

If any of the above symptoms occur, please contact our office immediately.

**For further questions, or if any problems develop, please call Dr. Lynch's
nurse, Christina at 210-477-5151**